



# *Circulating*

*An experience*

*A place*

*A symbol*

*A sign*

*Honouring women's experiences*

*Nurturing wisdom in all people*

*Working for justice in our world*

**Sophia** 225 Cross Rd  
Cumberland Park  
South Australia 5041

**Open:** 9.30am - 4.00pm  
Tuesday - Friday

Phone: (08) 8373 3781  
Email: [info@sophia.org.au](mailto:info@sophia.org.au)  
Website: [www.sophia.org.au](http://www.sophia.org.au)  
Facebook: [SophiaIncAdelaide](https://www.facebook.com/SophiaIncAdelaide)  
Twitter: [sophiaadelaide](https://twitter.com/sophiaadelaide)

Coordinating Team:  
Sophia Vogt  
Maureen O'Connell

*Circulating* Newsletter:  
Editor: Maureen O'Connell  
Layout: Marian Gray  
Email: [newsletter@sophia.org.au](mailto:newsletter@sophia.org.au)

*May 2016*



“May the fire be in your whole being....  
enabling you to walk the earth with respect and care;  
so that we may all walk ways of goodness and truth  
and be protected from walking away from what is true.”

*Part of an ancient prayer 40,000 yrs old, handed down through the Aboriginal culture and given to be translated in September 2015.*



# Message from the Coordinating Team

**Dear Friends,**

What a wonderful Twilight Ritual we celebrated on 16th April! It was great to see so many of you there, to acknowledge the 25 years since the foundation of Sophia in April 1991.



We must thank our Sophia Life Member, Angela Moloney OP, for her wonderful sharing of her memories of the Sophia Story. Angela left us with much to remember and hold dear: "Sophia was to be a place where women's experiences would be honoured and where women would 'hear each other into speech' (Nelle Morton). Each woman who came would be empowered to build her self-esteem and to find her own voice." Thank you, Angela, for sharing the story you have lived and remember, with us all. Your entire presentation will be an important document for our Sophia archives, now and into the future.



Our Twilight Ritual was especially beautiful because of the Sophia Singers, directed by Margaret May, singing three much loved songs that have become special for our Sophia community - Maranoa Lullaby, Bengawan Solo (with a beautiful solo by Annie Be) and Ancient Mother. Margaret and the Singers, thank you so much for adding your strong voices to this significant evening.

Just as the sun was setting in the west, tracing our magnificent Sophia Moreton Bay Fig tree with soft, golden tones, Jenny Wightman read her beautiful poem:

## Moreton Bay Fig Symbol of Sophia

"...hold and shelter us all,  
part of a whole,  
part of the One:  
so, for this timeless moment,  
we belong."



So many others worked together to support the unfolding of this ritual - thank you to Fiona & Jenny (poetry readings), and to Fran, Nick and Dinah Edwards' family, (planting of memorial tree in memory of Dinah), and to all those who attended for joining with us to make 16th April 2016 truly special.

Several Displays were prepared for the Twilight Ritual:

- Sophia Core Group Members (1996-2016)
- Sophia Volunteers (1991-2016)
- Significant Contributors, sadly now deceased (1991-2016)
- ESL Volunteers (2001-2016)

These will be visible in Sophia during this year as a way of honouring the amazing number of hours given so generously by so many women and men, to the 'flowering' of Sophia.

With thanks to so many, In gratitude,  
Best Wishes,  
Maureen O'Connell & Sophia Vogt  
Coordinating Team

## **What does Sophia mean to you???**

At the Twilight Ritual, Angela spoke of her recollections of Sophia and we would be interested to hear of other people's similar recollections - just for archival purposes - not to be published.

Please consider this and email your thoughts, any comments and memories to Sophia!



# Sophia News

## **New Art Aquisitions:**



Welcome to "Casuarina" the Cassowary (Cassie) who now lives in the 'secret garden' outside the Susan Sullivan room and is a 25th birthday gift from Maureen and Sophia!

The beautiful Kurdish Girl is a print of a painting by Murtaza Hussaini, an Afghani who has been in Australia since 2010 when he was 12 years old. He attended St Michael's College at Henley Beach and won a scholarship to go to Art School. He says that his aim was to give a message of freedom: "the young girl stares at us with a mixture of hope and despair. She is a Kurdish refugee from Syria isolated from her parents and forced to flee her homeland. her eyes almost accuse us of denying her human rights.....The word 'freedom' repeats itself across her hijab."

## **Dinah's Tree:**

At the Twilight Ritual we remembered Dinah Edwards and planted a Crepe Myrtle tree seedling in her honour, behind the spiral garden near the pear tree, with the help of friends, Fran & Nick Ammirato and Dinah's family.

Dinah volunteered at Sophia and as a talented artist designed this year's programme and the beautiful postcards now available to publicise Sophia's regular activities. The tree will grow to be a beautiful and colourful reminder of her contribution to Sophia.



## **Morning Tea for Volunteers/Facilitators:**

This was an enjoyable get together in April to say thank you for the work of Sophia volunteers and to catch up with facilitators. It was nice for attendees to meet each other and put faces to names!

## **Annual General Meeting:**

In April the Core Group and others attended the AGM. As well as the official tabling of the annual financial report, there is always an interesting discussion. This year Rhonda Sharp spoke about the importance of volunteer work in economic terms. Later this year Sophia will have a 'census' week when all volunteer hours are recorded to get a snapshot of the substantial number of hours which are gifted to Sophia.

## **International Women's Day:**

For this occasion In March, The Advertiser ran an article about 'Trailblazers: Top 100 Inspiring Women' in the SAWeekend magazine.



Included in that list were Prof Freda Briggs and Josie Agius. Freda Briggs, Child Protection Expert, was born in UK in 1930, emigrated to Australia in 1975 and sadly died recently. In recognition of her work in the child protection area she was the first woman to be named Senior Australian of the Year in 2000. Josie Agius was a respected Aboriginal community leader with links to Sophia who passed away late last year as reported in this newsletter.

Several women from Sophia attended & enjoyed the IWD Breakfast with Fran Kelly, ABC radio personality as speaker. Fran gave a very good presentation about feminism which would be well worth listening to online.

## **Donation:**

Thanks to the Julian Trust which has again donated \$500 to the work of Sophia. It is thanks to such gifts, memberships and the donation of volunteer hours that Sophia has been able to reach her Silver Jubilee!

## **POM POMS!**

Would you like to make pompoms as part of the Yarn to Yarn project at Sophia? They will be hung from the old pear tree at Sophia for the Garden Party in October. They will be in pastel colours and you can make them at home or with others. We can supply you with wool. For more information contact Fiona Johnston on 8212 8832.



# Sophia Library

## TWO BOOK REVIEWS

### And The Clock Struck Thirteen

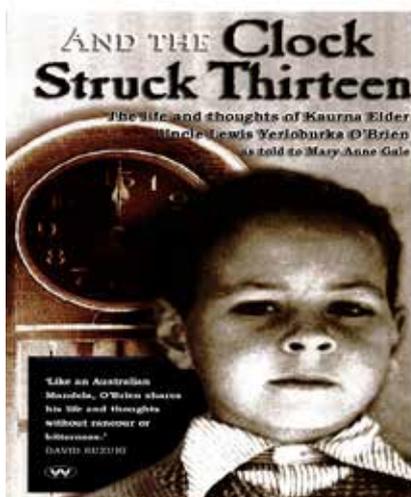
*The life and thoughts of Kaurna Elder Uncle Lewis Yerloburka O'Brien as told to Mary-Anne Gale.*

[305.3 OBR]

This book is a goldmine! I expected a biography of Uncle Lewis, but found in his 'thoughts' so much more than one person's story. He has a passionate interest in uncovering and documenting the past of his people, and there is a wealth of fascinating detail of the history of Kaurna Aboriginal people in SA. He tells this story through the records of his own family, including many photos, beginning with Kudnarto, his great great grandmother, who was the first Aboriginal woman to hold a title to a piece of her own land in SA. (Ironically, on Skillogalee Creek near Clare...not surprising that following her early death, the land was not allowed to be passed to her sons but reverted to the Crown). It is a story of constant dispossession of land, persistent attempts to redress wrongs and an insight into the Aboriginal way of being in the world.

His own personal story is one of constant learning, and of intelligent and courageous adaption to harsh and excluding circumstances, to find a way to not only survive, but to use what was available to thrive and achieve his dreams.

Don't miss it.



### Waging Peace

*Reflections on Peace and War from an Unconventional Woman by Anne Deveson.*

[361.92 DEV]

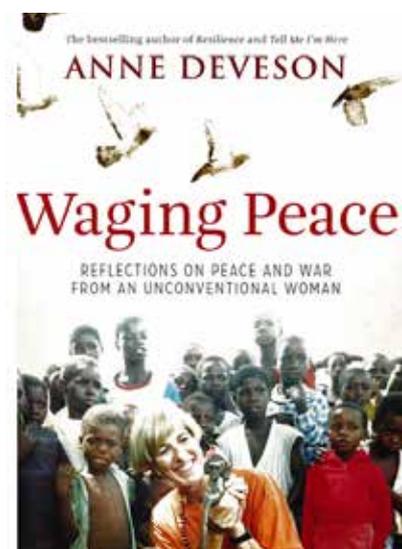
We are so fortunate to have this last testament, as it were, from Anne Deveson, which was published in 2013 just before the onset of her dementia. Her life was so rich and her contribution so vast, that her reflections are like a gathering up of threads of intense wisdom.

The book is written in two parts: the first chronicles her formative life experiences in the ravages of war-time and as a refugee twice over, and the second her adult life shaped in response to these horrors. The intensity of her shock on returning to England and seeing the dreadful waste and senseless damage, both to people and to all the things that support people's lives, led her into journalism.

Her passion for peace grew as she worked, and the book's title sums up her attitude- that if we waged peace with the energy and drive with which we wage war, life would be profoundly changed.

Her dedication is to her family and she leaves a simple motto for life for them, that sums her own life up perfectly. 'Live life generously, learn well, be kind.'

Pauline Small





# Coming Events & Courses

**NOTE: All courses and events MUST be booked. Otherwise they may not run if there are too few enrolments OR they may cause problems for the Facilitator in processing extra people on the day.**

Please phone 8373 3781, or email to [info@sophia.org.au](mailto:info@sophia.org.au). Payment must be made no less than one week before to secure booking (except for regular events).

COST CODES: F=Full Free, C=Concession fee, MF=Members Full, MC=Members Concession If cost is an issue please talk with a Coordinator.

## MAY

### Gaining Insight through Art & Objects

Lindsay Childs

A gentle, reflective time amongst pictures & objects, intuitively choosing some and sharing our memories, stories, beliefs and dreams triggered by them. Please bring an object from home that speaks to you. Max 10 participants. Bring lunch to share. **Friday 27/5 10.00am-4.00pm**

**Cost: F\$60 C\$50 MF\$54 MC\$45 Women**

### Feminist Theologies Day

Elaine Wainwright & Vicky Balabanski

Always a thought provoking and stimulating event - two presentations, lively table talk & opportunities for questions. Bring lunch to share. Details to follow. Dedicated to the memory of Susan Sullivan OP & Anne Roder: **Saturday 28/5 10.00am-3.00pm**

**Cost: F\$30 C\$25 MF\$27 MC\$22.50 Women**

## JUNE

### Dancing Divine Energies

Lyn Porter with Judith Keller (Queensland)

In a weekend of Circle Dancing we will encounter gods & goddesses of ancient Western & Eastern cultures, their stories & energies. No experience needed. Bring lunch to share on Sat.

**Sat 4/6 10.00am-4.00pm & Sun 5/6 2.00pm-5.00pm | Cost:**

**Weekend: F\$60 C\$50 MF\$54 MC\$45**

**Sat only: F\$50 C\$40 MF\$45 MC\$36**

**Sun only: F\$25 C\$20 MF\$22.50 MC\$18 Women**

### Bringing Heart & Insight to Islam

Annette Jarrett

Meet & talk with Muslim women & step into their shoes as you listen to their stories & beliefs. The morning will explore the history & practices of Islam from a heart perspective. After a simple Middle Eastern feast we will discuss some relevant issues. The visit to the Alkhalil Mosque at Woodville North, will take place in July after Ramadan.

**Friday 10/6 9.30am-3.45pm (Accredited Module, Catholic Ed. SA)**

**Cost: F\$50 C\$40 MF\$45 MC\$36 Lunch \$12 Women & men**

### Dancing the Talk - Being Authentic

Lyn Porter

Where Psychology and Circle Dancing meet with Discussion & Dancing

Circles, contributing to our understanding of 'being authentic'. We draw from Oriah Mountain Dreamer's book *The Dance*. Carefully taught. No dance experience needed.

**Saturday 25/6 9.30am-12.30pm**

**Cost: F\$25 C\$20 MF\$22.50 MC\$18 Women**

## JULY

### Dr Amy-Jill Levine, Jewish Scholar

Jesus, Judaism & Jewish-Christian Relations:

A self-described "'Yankee Jewish feminist who teaches in a predominantly Christian divinity school in the buckle of the Bible Belt'", Prof Levine combines historical-critical rigour, literary-critical sensitivity, & a frequent dash of humour with a commitment to eliminating anti-Jewish, sexist, & homophobic theologies. BYO Lunch.

**Cost: F\$50 C\$40 MF\$45 MC\$36**

**Saturday 9/7 9.45am-4.00pm Women & men**

## AUGUST

### Celebrating Sophia

Marisa, Deb, Fiona, Gillian, Judith, Dawn & Kerry

Sophia holds a special place in all our hearts. Come & celebrate this deep connection in a day of dance, poetry, song & creative Women's Ritual. Soup & bread provided for lunch. Please bring morning or afternoon tea to share.

**Sunday 21/8 10.00am-4.00pm**

**Cost: F\$60 C\$50 MF\$54 MC\$45 Women**

## SEPTEMBER

### Dru Yoga for Body, Mind & Spirit

Katie Roast & Lena Lapinska

Enjoy a nurturing day with gentle movement, long relaxation, easy meditation, revitalising body therapy. No yoga experience needed. Bring mat, blanket & vegetarian lunch to share.

**Saturday 10/9 10.00am-3.00pm**

**Cost: F\$60 C\$50 MF\$54 MC\$45 Women & men**

### Feminist Voices: the global & the local

A participatory forum where we will hear feminist voices in the political, economic & social justice arenas, focussing on both international questions & opportunities for action in our own lives & communities. Prominent women guest speakers. Details to follow in newsletter & website. Women & men

**Friday 23/9 9.30am-4.00pm | Cost: F\$50 C\$40 MF\$45 MC\$36**

## OCTOBER

### Garden Party Silver Jubilee Fundraiser

Join us in our beautiful gardens for a joyful celebration of Sophia's 25th anniversary. Performance of *The Story of Sophia* radio play, unveiling of 'Yarn to Yarn' project, singers, dancing, plants/books for sale and more! Light lunch, morning/afternoon teas available to purchase.

Women, men & children

**Saturday 22/10 11.00am-4.00pm | Cost: F\$10 C\$8**



# Regular Events

## Dark Moon Gatherings

### Auntie Ruby Worthy

Introduction to the Talking Stone & true community by creating a Medicine Shield over 3 months of Dark Moon phases, fostering sisterhood, wellbeing, creativity, peace, dignity, strength.

Sun 5/6 Sun 3/7 Wed 31/8 Sat 1/10 7pm-9pm

Cost: F\$20 C\$15 per session Women

## TUESDAY

### Mindfulness Practice Barb Hancock

Secular mindfulness/compassion meditation - 2 guided practices of 25 min each followed by open discussion -connecting to the breath, open awareness of sounds & thoughts & body scan to assist in developing increased clarity, balance & joy. No experience is necessary. Tues 7/6

5/7 2/8 6/9 4/10 9.30am-11.00 | Cost: F\$10 C\$5 Women & men

### Sophia Singers Margaret May

Come & explore the beauty of women's spirit through song. Build skills, confidence & community in a fun & positive environment. Newcomers welcome! 4.00-6.00 | F\$13 C\$10 Women

### Women Writing Jenny Wightman

You don't have to be a published author or a formidable wordsmith to join this group who meet to explore their experience of life through writing. Anyone with an interest in writing is most welcome! Tues 21/6

19/7 16/8 20/9 18/10 10.30am-12.30 | Cost: F\$5 C\$3 Women

### Connect Play Create Trish Fairley

Fun, creative and playful, using the improvisational tools of InterPlay, we move our bodies, tell stories, use our voices and create stillness.

Tues 21/6 19/7 16/8 20/9 18/10 1.45pm-3.45pm Cost: F\$12 C\$10 MF\$10.80 MC\$9 Women & men

### Exploring Feminist Liberation Theologies

#### Angela Moloney

A lively discussion group looking at current writings of feminist liberation theologies from around the world. Come & share their insights. New members welcome! Tues 24/5 28/6 26/7 23/8 27/9 25/10 10.30am-12.00pm Cost: F\$5 C\$3 Women

### Grow Your Food & Save the Earth

#### Jacqui Cookes, Pauline Muir & Maryanne Sanders

Sharing the joys and frustrations of growing food in changing climatic conditions alternated with visits to gardens. Newcomers most welcome! Tuesday 24/5 (visit), 28/6, 26/7 23/8 27/9 25/10 1.45pm-3.45pm | Cost: F\$5 C\$3 Women & men

### Nurturing Friendships, Sharing Stories

#### Maureen O'Connell, Elaine MacFarlane & Sophia Vogt

Focused on those with a disability or disadvantage. Come, connect, make new friends and share stories over light lunch. Carers & friends welcome! Tues 24/5 26/7 27/9 1.00pm-3.45

No cost Women & men

## WEDNESDAY

### English Classes for Refugee Women

These classes provide English tuition and practical life skills for refugee women and others not able to access alternative classes. Supportive environment with child-minding provided. Weekly during school terms.

Wednesday 10.00am-12.30pm | No cost Women

### Circle Dancing for Health & Wellbeing Marisa Ala Dea

Meaningful, joyful and uplifting, Circle Dance combines easy to learn dance steps with music from around the world. Previous dance experience not required & all women welcome from beginners to beyond!

Weekly during school terms. Wednesday 1.30pm-3.00

Cost: F\$15 C\$12 MF\$13.50 MC\$10.80 Women

### Silent Meditation

#### Fiona Johnston & Annette Jarrett

Do you sometimes long for silence, quiet rest and a time to be still?

Come to our weekly silent meditation. Wednesday 5.15pm-6.00

Cost: Gold coins Women & men

### Grief's Journey Marian

A monthly support group for younger adults who have lost their spouse/partner. The group aims to provide support following the untimely death of a partner in a nurturing environment of shared experiences, empathy & understanding. Wednesday 1/6 6/7 3/8 7/9 5/10

7.00pm-9.00 | Cost: F\$5 C\$3 Women & men

## THURSDAY

### The Giving Circle

Here we research areas of need and turn our ideas into action. We then individually donate whatever sum we choose to a selected 'charity of the month'. By coming together in community we make our giving less solitary and increase our impact. Thursday 16/6 21/7 18/8 15/9

20/10 1.00pm-2.00 Women

## SATURDAY

### Women's Poetry Circle Judith Haines

This is a supportive group of women poets who meet to share their poetry, develop writing skills, experiment with style and enjoy a creative group process. The format includes writing workshops and guest readers. Saturday 11/6 13/8 8/10 2.00pm-4.00pm Cost: F\$5 C\$3 Women

## SUNDAY

### Sunday Circle Dancing Lyn Porter

Circle Dancing on a Sunday afternoon is a wonderful way to de-stress & re-refresh for the week ahead and to enjoy the peace, contentment & connectedness often missing from our busy lives. No dance experience necessary. All welcome. Sunday 3/7 7/8 11/9 9/10 3.00pm-5.00 Cost: F\$15 C\$12 MF\$13.50 MC\$10.80 Women & men

### Buddhist Meditation Celia Karpfen

We are a non-denominational group who meet for qigong, dharma talks sitting and walking meditation and discussion. Our practice is influenced by mindfulness and commitment to a spiritual journey. Participants are encouraged to see themselves as their own spiritual authority.

Sunday 12/6 10/7 14/8 11/9 9/10 9.00am-11.30am.

Cost: F\$6 C\$4 Women & men